



Cerebral Palsy: Why Patients Experience More Medical Conditions, Greater Health Care Usage and Higher Costs

Cerebral palsy (CP) is a lifelong neurological condition present at birth and is often associated with challenges in physical movement. Restrictions in daily activities and communication caused by CP can lead to increased risk for health complications. This is why children with CP are more likely to experience health problems.

As a result of these health problems in youth, adults with CP are often at risk for developing conditions like bone fractures, chronic pain, heart disease, and diabetes. These conditions place extra strain on individuals' health and lifestyle and often result in added health care costs.

Medical experts have not extensively studied the issue of additional medical conditions among adults with CP. Understanding prevalence is a first step in improving the conditions of healthy aging with cerebral palsy.

Challenges

- Adults with CP have a higher annual usage of all medical services compared to adults without CP.
- Adults with CP incur costs that were almost triple the amount for standardized reimbursement costs and double for patient out-of-pocket costs compared to adults without CP.

Why?

- Adults with CP are more likely to have a range of “high-burden” medical condition—like diabetes, anxiety, or chronic pain—compared to adults without CP, which increases their medical care use, making their medical care costs greater.
- Even after accounting for costly medical conditions, people with CP still had greater health care costs, which suggest the need for earlier health screenings and preventative strategies for these additional medical conditions.

CP is the most common pediatric physical disability

PREVALENCE ESTIMATES OF

3.1 PER

1,000

CHILDREN

Chronic Medical Conditions Associated with Cerebral Palsy

- Diabetes
- Heart disease
- Hypertension
- Chronic pain
- Osteoporosis
- Risk of bone fracture
- Mood disorders
- Anxiety





Call To Action

- Patients and caregivers should talk to their healthcare providers about earlier general screenings to prevent the onset of high-burden medical conditions. This can prevent the need for costly medical treatments due to advanced diseases.
- Patients and caregivers can also request referrals to clinical specialists to ensure their physical and emotional needs are met.

SNAPSHOT INTO THE RESEARCH

Prevalence of high-burden medical conditions and health care resource utilization and costs among adults with cerebral palsy. *Clin Epidemiol* (2019). DOI: 10.2147/CLEP.S205839
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Goal of the Study

Better understand how common high-burden medical conditions are in adults with cerebral palsy (CP) as well as compare their related usage of health care resources and costs associated with their additional care compared to adults without CP.

Findings

Adults with CP had a higher prevalence of all medical conditions than adults without CP with the exception of cancer. Additionally, adults with CP received more health care services through inpatient, outpatient, and emergency room visits compared to adults without CP, which resulted in adults with CP having higher medical bill costs and paying more out of pocket. This suggests that adults with CP have a higher prevalence of medical care resource utilization,

health care costs, and highburden medical conditions than adults without CP.

Solution

The findings from this study can improve the quality of life of people with CP in order to better promote preventative strategies and early screening of highburden medical conditions in vulnerable populations.

This can decrease the financial burden that adults with CP are faced with by decreasing the amount of required medical care due to high-burden medical conditions. Additionally, this research can improve clinical awareness about CP which can prevent, minimize, or lessen the physical, emotional, and financial burden of disease for individuals with early onset neurological conditions in addition to people with CP.

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